

# OPENING OUR HEARTS TO THE EARTH

## Discovering True Nature Through Mindfulness

APRIL 14 - 16TH

9:00 AM—4:30 PM



### A Commuter Mindfulness Retreat in the tradition of Zen Master Thich Nhat Hanh

This 3-day retreat is for beginners and seasoned practitioners alike, and can be enjoyed as a whole or as individual days of Mindfulness. Each day will include meditation, teachings and a chance to share. A vegetarian lunch will be provided.

**Day One :** *Touching the Earth*

**Day Two:** *Beginning Anew*

**Day Three:** *Interbeing and  
True Nature*

***"When we breathe with mindfulness,  
we can experience interbeing with the  
Earth's delicate atmosphere, with all  
plants, and even with the sun."  
Thich Nhat Hanh.***

Cost\* is: \$60 for Single Days;  
\$150 for all Three Days

Shambala Meditation Center  
733 N Highland Avenue, Pittsburgh

\* Limited Financial Assistance is available



**For More Info or to Register, contact:**  
***Laura Langer at [loglr@aol.com](mailto:loglr@aol.com)***

Dharma Teachers Chu Chan Huy & Tony Silvestre

**LAUGHING RIVERS SANGHA**  
**[www.laughingrivers.org](http://www.laughingrivers.org)**

